

# PERSONAL TRAINERS



## Adam Alexander

Adam is available for appointments Monday - Saturday. Your first visit is a free 30 minute consultation to assess your fitness level and discuss your goals. Whether your goals include getting in shape, losing weight, eating healthy, increasing strength, improving flexibility, or combating the effects of bone density loss, Adam can design a program to help meet your goals while avoiding and/or working around injury. To set up an appointment call Adam at (972)741-2123 or [ajalexander32@gmail.com](mailto:ajalexander32@gmail.com). Contact Adam for rates & discounted package deals. Adam has a Master of Occupational Therapy (MOT) LSU Shreveport, Certified Personal Trainer through Cooper Institute of Aerobics Research, and Certified in Biomechanics through Cooper Institute of Aerobics Research.



## Autumn Allan

Autumn is available for sessions Monday-Friday 6:45 a.m.-1:00 p.m. , and Saturdays 9:00 a.m. to 11:30 a.m. Programs are designed specific to your physical fitness and nutrition goals. Plus, Benchmark clients have exclusive use of the PowerTower™ and the BodyBugg™. Periodic blood pressure, weight, and body composition checks are taken. Autumn focuses on motivation and discipline, as well as making fitness fun, interesting, and most importantly, A LIFE-STYLE! Gift certificates are also available. Contact Autumn at 214-794-3444 or [benchmarkfitness@sbcglobal.net](mailto:benchmarkfitness@sbcglobal.net) for an appointment. Autumn's fees are \$60 per session, 10 for \$500, or 20 for \$900. Autumn is a certified Health and Fitness Instructor with the American College of Sports Medicine.



## Glenn Jones

Glenn trains with a special emphasis on helping people to understand how to walk into a gym and not be intimidated. Glenn believes keeping fitness simple. He teaches the basic principals of weight training, aerobics and nutrition. He can show you how to stay healthy and in shape, and still have a real life outside of the gym. He invites everyone to at least try personal training and would like to offer a Money Back Guarantee. You will have nothing to lose, and a whole lot to gain. Just taking that small step will put you on the path to better health. Sessions can include training in the gym, your kitchen, grocery shopping, eating healthy while in a restaurant, or fitness by phone. Call for individual rates, couples or special discounted fees. He is available for appointments during the week and on weekends. Glenn is certified through Cooper's Institute for Aerobics Research. To set up an appointment, call 214-325-2495 or [glenn@thefitnessgame.com](mailto:glenn@thefitnessgame.com)



## Veronika Bobakova

Veronika is a former NCCA track and field hurdles runner. Among her many accomplishments are multiple Slovak National Championship titles. Veronika's solid foundation of balance, flexibility, power, speed and agility are essential for creating workouts suitable for ANYONE looking to stay fit and healthy. Veronika has multiple certifications through Cooper's Institute for Aerobics Research, including Biomechanics, Pregnancy, Diabetes, as well as Older Adults and Exercise. She is also experienced in biomechanics of proper running, multidirectional drills and acceleration skills techniques. Do you feel like you need guidance, are you tired of the same workout routine, did you lose motivation? Veronika has a sincere desire for you to learn and overcome fitness myths and enjoy your time while exercising. Her workouts are tailored to her clients' needs and goals. If you are ready to discover endless benefits of a healthy lifestyle, contact Veronika at 972-835-1131 or [veronikafitness@gmail.com](mailto:veronikafitness@gmail.com).



## Cynthia Fritz

Cynthia is a Certified Personal Trainer who specializes in senior fitness. Cynthia began teaching classes in 2006, became a personal trainer in 2008, and in 2009 she began working primarily with seniors. She gently challenges her clients to become more independent and is motivated to help them become physically stronger. She is certified by AFAA, Silver Sneakers fitness program, and is CPR certified. Contact Cynthia 972-922-3482 or [Cynthia@seniorstylefitness.com](mailto:Cynthia@seniorstylefitness.com)